



First Episode Psychosis: NAVIGATE Program

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What is Psychosis?

- * What Is Psychosis?
- * A condition in the brain that affects a person's ability to know what is real vs. what is not real.

Prevalence

- * Approximately 1% of all people in the world have schizophrenia
- * Approximately 1.1% of the people in the US (3.2 million) are diagnosed or have the disorder. (NIMH)
- * About 3% of all people will experience psychosis at some point in their lives. FM Area (pop 250,000)– 7,500
- * Approximately 100,000 adolescents and young adults in the US experience First Episode Psychosis each year. *Ra1SE
NIMH August 2015)
- * Peak Onset - 15-25 years of age

What happens...

- * **Prodromal Phase** – onset of symptoms, ‘something seems a bit different’ can be subtle and look like a minimal change.
- * **Acute Phase** – characteristic symptoms are most noticeable – typically when treatment begins. (First Episode Psychosis)
- * **Recovery/Residual Phase** – less intense symptoms but symptoms may linger into recovery phase

Early Intervention is Key

- * Research has shown the benefits of seeking treatment as early as possible after symptoms appear
- * "Critical period" for optimal treatment is within the first year
- * Reduced secondary problems and work/school disruption
- * Retention of social skills and support
- * Decreased need for hospitalization
- * More rapid recovery and better prognosis
- * Reduced family disruption and distress
- * Less treatment resistance, lower risk of relapse

NAVIGATE

- * Comprehensive, evidenced based, program designed to provide early and effective treatment to individuals who have experienced a first episode of psychosis
- * SAMHSA approved option for implementing Coordinated Specialty Care (CSC) for early psychosis

NAVIGATE Team

- Program Director
- Medical/Prescriber
- Individual Resiliency Trainer (IRT) - who helps individuals identify and work towards their goals, teaching them strategies and skills to build their resiliency in coping with psychosis while staying on track with their lives
- Family Educator
- Case Manager
- Community Options** to assist/direct educational and/or employment goals (school and employer assist)

Referral Process

- * Referrals – The Clinic @ Prairie St. John's
 - ✓ Internal
 - ✓ External
- * Initial Meeting
- * Appointments Scheduled
- * Referral to Community Options

Data

- * 10 individuals served in program to date
- * All 10 - males between ages of 14 and 23
- * Length of stay – range from 10 months to single appts
- * Referral sources: Sanford, SEHSC, NDSU, PSJ
- * Diagnoses included:
 - ✓ Schizophrenia, First Episode
 - ✓ Major Depressive Disorder, psychotic Disorder, monitor for Schizoaffective disorder, Generalized Anxiety
 - ✓ Schizoaffective disorder, bipolar type, Autism spectrum
 - ✓ Schizophreniform disorder
 - ✓ Schizoaffective disorder, bipolar disorder, meth and cannabis abuse
 - ✓ Mood disorder, Anxiety disorder, Psychotic disorder, Cannabis and alcohol abuse

Lessons Learned

1. Need for NAVIGATE training
2. Need for designated staff
3. Tele-psychiatry challenges
4. Difficulty with outcome measurements

Questions?